

Seminar 1: Death as a Normal part of Life

Notes and Activities

1. How might you use the knowledge of illness trajectories in your clinical practice?
2. Have a conversation with a colleague, '*In the event that you became too sick to speak for yourself, who would you like to speak for you? Have you spoken to that person?*' Have you used this phrase? Can you imagine using this phrase? Why or why not?
3. Consider these questions and understand your own mindset when it comes to end-of-life care. Discuss with a colleague, what are the benefits or barriers to the following:
 - Are you able to recognise dying, are you able or a novice at recognising dying? Either is ok.
 - Your communication techniques, what do you find challenging and what works well?
 - Your ability to negotiate goals of care, what does it mean to do this?
 - Are you capable to respond to concerns (from families, a patient or colleagues) about a dying patient's care, (physically, emotionally, existentially)?
 - How well you can effectively work within a team to deliver end-of-life care?
 - Do you think you provide culturally respectful care? What might this mean in end-of-life care?
4. Talking about end of life, death and dying may prompt you to think about your own (or your family's) future and mortality. While this is common, it can be a surprise or even confronting. What experiences can you share about reflecting on death and dying?
5. What self-care strategies work for you? How do you put things into perspective, say for example, after a stressful event at work?
6. Think back on your clinical practice, do you remember the details of any deaths that occurred when you were working? From your perspective, which one/s were peaceful? Why?

